

# Formula for the Perfect Smoothie



## 1

### CHOOSE YOUR LIQUID

Water	Coconut Milk (unsweetened)
Almond Milk (unsweetened)	Cow's Milk
Cashew Milk (unsweetened)	Coconut Water
Help Milk (unsweetened)	Green Tea
Iced Tea	Coffee

## 2

### CHOOSE ONE FRUIT AND VEGGIE

Strawberries	Peaches	Spinach	Carrot Tops
Blueberries	Cherries	Kale	Cucumber
Mango	Banana	Chard	Cooked Sweet Potato
Pineapple		Beet Greens	Cooked Beets
		Raw Carrots	Micro Greens

## 3

### ADD ONE PROTEIN OR FAT

Protein Powder (whey, egg white, soy, rice, hemp, or any protein powder)	Almond Butter
Plain Yogurt	Almonds
Peanut Butter	Pumpkin Seeds
	Sunflower Seeds
	Walnuts

## 4

### (OPTIONAL) ADD A BOOSTER INGREDIENT

Cinnamon	Avocado
Green Powders (spirulina, wheatgrass, etc.)	Flax Seeds
Vanilla Extract	Chia Seeds
Almond Extract	Raw Cacao
Cold/Chilled Coffee	Ginger
	Turmeric